

TOUR OF THE DENTS BLANCHES AND RUAN massif

self guided

High Alpine route in the wilderness... for experienced hikers!

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**DURATION**

6 days

TRAVEL STYLE

Freedom / unguided

LUGGAGE

Without luggage transfer

ACCOMMODATION

Classic (dormitory)

LEVEL

4/4 ★★★★★

FROM

550 €

Between Mont Blanc and Lake Geneva, on the border between France and Switzerland, lies a group of mountain ranges that have remained hidden from the rest of the world: Dents Blanches, Dents du Midi, Tenneverge, Mont Ruan. This is an area strongly shaped by the folding of the Alps, with surprising landscapes ranging from lunar deserts to high-altitude lakes, waterfalls and forgotten mountain pastures. Here, there is no human pressure, just a wild, unspoilt nature that only hikers can discover. Leaving from one of the largest natural cirques in the Alps, leave civilisation behind for a perfect 6-day loop of spectacular mountain hiking, passing through some of the most isolated refuges in the world, for a complete break from the world.

You will love

- A wide variety of landscapes thanks to a strong geological imprint
- Wild, unspoilt countryside off the beaten track
- 6 days in the mountains without ever coming back down to the valley, a guaranteed break from it all
- A rich flora and fauna
- Dozens of waterfalls along the route

Day-by-day itinerary

DAY 1

Departure from the 'Bout du Monde' parking in Sixt-Fer-à-Cheval.

CIRQUE DU FER À CHEVAL - REFUGE DE GRENAIRON

Departure facing one of the largest natural cirques in the Alps. Climb through the woods to reach the slopes of the 'Montagne de la Commune', overlooking the Sixt Fer à Cheval valley. Cross between meadows and forests to the Grenairon refuge and its unique panorama of the Fys, Buet and Mont Blanc massifs.

6 hour walk / Elevation: +1350m ; -350m

DAY 2

FRÊTES DU GRENIER - LE CHEVAL BLANC - BARRAGE DU VIEUX ÉMOSSON

From the refuge, departure for a memorable traverse through the impressive rocky chaos of the 'Frêtes du Grenier' to the 'Plan du Buet' plateau, at the foot of the famous 'Mont Blanc des Dames'. We then head for the Swiss border, climbing Cheval Blanc (2830m) before descending into the Émosson valley. A short geology stop near the famous dinosaur footprints frozen in the rock, before reaching the Vieux Émosson dam and the refuge.

5.5 hour walk / Elevation: +900m -700m

DAY 3

COL DE BARBERINE - COL D'EMANEY - BARRAGE DE SALANFE

Descent to the Emosson dam. After passing through a tunnel, the path skirts the lake and climbs to the Barberine pass (2481m). Descend into the valley, then climb again to Emaney pass (2462m). High-mountain atmosphere, below Ruan and Tour Salière (3220m). Descent to the Salanfe reservoir, sitting between two geological layers. Night in a lakeside refuge.

7 hour walk / Elevation: +1050m -1350m

DAY 4

COL DE SUSANFE - PAS D'ENCEL - VALLON DE BARMAZ

Ascent to the pass (2494m) via a cabled path on some sections, dominated by the Haute-Cime (3200m). Descent into the wild cirque of Susanfe, beneath the Ruan glacier. The 'Pas d'Encel' and a few cabled sections lead out of the valley, before getting back to the mountain pastures. Keep an eye on the large Bonavau combes, where herds of chamois can often be seen! Night in a refuge in the authentic alpine village of Barme.

6 hour walk / Elevation: +800 -1250m

DAY 5**PAS DE LA BIDE - PAS AU TAUREAU - REFUGE DE FOLLY**

A spectacular day featuring two famous passes. From the Barmaz alpine pasture, climb up to the cliffs via the 'Pas de la Bide', once a secret passage for the most intrepid smugglers. After crossing the border again at 'Col de Bostan', climb up to the mineral world of 'Pas au Taureau', a narrow opening onto the shoulder of the Dents Blanches massif. Descend through the 'Combe aux Puaires' to the Folly refuge overlooking the valley.

6.5 hour walk / Elevation: +1050 -1000m

DAY 6**VALLON DES CHAMBRES - CIRQUE DU BOUT DU MONDE**

The last day begins with a steep ascent to the wild 'Vallon des Chambres' and its glacial lake. From the 'Col des Chambres' (2538m), a final long descent to the Vogealle refuge and the balconies of the cirque 'du Bout du monde'. Back to civilization on an easy trail to the 'Cirque du Fer à Cheval'.

7.5 hour walk / Elevation: +1200m -1450m

ON REQUEST EXTENDED ITINERARY ON 7 DAYS WITH THE BUET ASCENT ON DAY 2



graphisme © Adeline Pihuit



Dates and prices

Departure from the 5th of July to the 6th of September 2026

Without luggage transfer

550€ par personne

Comfort option (3 nights in a 2 to 3-person bedroom) : + 95€ per person, depending on availability.

Option 5 picnics (except day 1) : 85€ per person

Option luggage transfer (day 4 only) for a resupply mid-journey : please contact us.

THE PRICE

The price includes:

- Accommodation in refuge with half-board formula from dinner on day 1 to breakfast on day 6;
- 1 road book file (paper) for a group of 1 to 4 people and the digital version to download for each participant; additional paper road book on request;
- Organisation and booking fees.

The price does not include:

- Picnic lunches ;
- Luggage transfer ;
- Personal expenses (drinks, etc.), hot shower tokens when required ;
- Guiding : you are responsible for your own safety ;
- Cancellation insurance ;
- Your return journey from home to the point of departure/end point.

The price is all inclusive from departure to end point.



The journey

LEVEL ****

Elevation: around +/- 1100m per day

Walking time: 6 to 7 hours per day

Type of trek: this tour passes via rocky terrain with a few technically difficult cabled sections. This stay is designed for people who already have previous experience of mountain hiking and capable of handling technical passages.

You need a good endurance level and a mental capacity for long-term efforts. An experience in hiking is required. Please practice a cardio sport such as hiking, running, cycling, from 6 to 8 hours a week. Your physical preparation will enable you to enjoy your trek to the maximum.

Please find the description of the levels by clicking here: [levels of difficulty](#)

The roadbook provides sufficient information on the itinerary of your hike. However, it is essential to be able to read an 1:25,000 map and to be sufficiently autonomous in the mountains to be able to tackle the itinerary with confidence, whatever the weather (fog, snow, etc.). Guiding is not included in the self-guided package.

You will be crossing areas with no telephone network. For your own safety, you may wish to bring along a radio or the latest generation telephone with a satellite connection.

ROAD BOOK

Before departure, we will give you a travel pack including :

- 2 IGN TOP 25 maps with the route
- 1 road-book with all the necessary information for the hike
- 1 map holder
- The list of accommodation

On request, we will also provide you the GPX tracks.

ACCOMMODATION

5 nights in dormitory, in refuge.

MEALS

Breakfast and dinner are provided in each accommodation. Picnics are not included and can be ordered at every refuge by asking the night before. Please inform us about your food allergies and special diets **at the time of booking**. The accommodation do their best to accommodate special diets (gluten-free, vegetarian, etc.). However, we encourage you to bring some additional products for your own picnics.

MAPS

IGN Top 25 - 3530 ET - SAMOENS and Top 25 - 3630 OT - CHAMONIX (1/25 000)

MPA (yellow) Trient valley (1/25 000)



Practical information

ACCESS TO DEPARTURE POINT

Meeting on Sunday at 10am at the 'Bout du Monde' parking in Sixt-Fer-à-Cheval.

BY TRAIN

Cluses SNCF train station voyages-sncf.com
then with the [Bus Y94](#) to Sixt-Fer-à-Cheval

BY CAR

Take the A40 motorway to Cluses, then direction Taninges, follow signs to Samoens and continue to Sixt-Fer-à-Cheval.
Parking for the week (around 5€)

CAR-SHARING

Get in touch with people ! blablacar.fr, laroueverte.com, roulezmalin.com

End point in the afternoon, at the parking.

ACCOMMODATION BEFORE AND AFTER

Samoens Tourist Office: +33 (0)4 50 34 40 28 / www.samoens.com
Sixt Tourist Office: +33 (0)4 50 34 49 36 / www.chamonix.com

TO CONTACT US

If you are late please contact the agency as soon as possible on: **+33 (0)4 50 79 09 16** or **+33 (0)6 42 49 76 07**

Equipment and luggage

EQUIPMENT LIST

Clothing

- Walking trousers
- Shorts (Bikini/swimsuit, just in case!)
- Breathable or merino wool t-shirts
- Breathable or merino wool leggings
- Fleece or jumper
- Lightweight down jacket
- Wind stopper or Goretex jacket
- Waterproof poncho + gaiters or Goretex trousers + waterproof rucksack cover
- Pair of gloves and a warm hat
- Sun hat or baseball cap
- Walking socks (1 pair per day)
- Sturdy walking boots with a good sole, already broken in
- 1 change of clothes for the evening
- A pair of comfortable shoes for the evening

Other Equipment

- Toilet bag
- Quick drying towel
- Sunglasses and sun cream
- Water bottle or Camelback (1.5 litre minimum)
- Knife, fork and spoon
- Plastic lunch box/plate for your picnic lunches (0.40L to 0.50L)
- Plastic cup for coffee
- Small First Aid kit (antihistamine, ibuprofen, Compeed type blister pads...)
- Survival blanket
- Head torch or hand torch
- Sleeping bag liner sheet and pillowcase (blankets provided at accommodation)
- Two adjustable walking poles (highly recommended)
- Identity card or passport

BACKPACK

Bring a comfortable backpack of 40 to 50 litres for your personal belongings for the week (including warm clothes, waterproofs, water, plate and cutlery for your picnic, sunscreen and your identity papers) and please keep a little room to carry a picnic and snacks.



Postal booking form

Complete this form and return it with your deposit.

Last name _____

First name _____

Birth date _____

Address _____

Phone _____

Mobile phone _____

Email _____

Requested trip **TOUR OF THE DENTS BLANCHES AND RUAN massif self guided** _____

Number of days **6** _____

Insurance _____

Trip price **550 €** _____

Estimated deposit (30%) **165 €** _____

Signed in _____

Date _____

Signature

Return with your deposit to

Altitude Montblanc, 62 Passage du Nant Devant, 74110 Montriond
+33 (0)4 50 79 09 16 · info@altitude-montblanc.com